



RED CROSS LIFEGUARDING CLASS

December 2010 - Recreation Center

PREREQUISITE (Student will be tested for following skills):

Minimum age: 15 (must provide proof of age on first day of class)

- Swim 300 yards continuously using these strokes in the following order:
 - +100 yards front crawl using rhythmic breathing and a stabilizing, propellant kick.
 - +100 yards breaststroke.
 - +The last 100 yards may be a mixture of front crawl or breaststroke.
- Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return to the surface and swim 20 yards back to the starting point.

CERTIFICATION REQUIREMENTS

- Pass one written test with a minimum grade of 80 percent or better on each section.
- Successfully complete four final skill scenarios.
- Successfully performs all critical skills.

PLEASE NOTE: Students should wear appropriate swim wear for performing rescues in the water; no bikini type swim suits.

CLASS FEE - \$160.00 This fee includes the **American Red Cross** Lifeguard Training manual and a pocket mask breathing barrier. Register on-line at www.rochestermn.gov – go to on-line services and select Lifeguard Training Registration. You can also stop in at the Recreation Center office and register or register by calling 507-328-2500. Payment must be made by using Visa, Discover or MasterCard. No checks are accepted. Class size is limited.

CLASS DATES/TIMES: December 27, 28, 29, and 30 (8:30 a.m.-3:30 p.m.)
December 31 (8:30 a.m.-11:30 a.m.)

Meet at the Recreation Center at 8:30 a.m. on Monday, December 27th in Activity Room #3.

Class sessions are all at the Recreation Center, except for Wednesday, **December 29th**, where you will meet at the **Red Cross** office, 310 14th Street SE - Rochester.